

Idaho System of Care

Newsletter

Volume 1, Issue 1, Winter 2005



Children playing at a community outreach event.

Regional Council News

Approval is based on the following criteria:

- Does the child meet the SED criteria per ICCMH approved definition?
- Is there documentation of **family consent, participation and an individualized plan?**
- Is the purchase an allowable expense per ICCMH approved guidelines?

Connecting Communities for Children

Region 1

The police pocket guide modified by Region 1 is opening doors. After distribution of the guide, the law enforcement academy invited council members to conduct training on serious emotional disturbances. View the police pocket guide at http://ppal.net/downloads/PPG_6-10-2002.doc

Police officers are also taking time to participate in local councils.

Michael Clark, national system of care and juvenile justice expert, presented in Coeur d'Alene with over 100 participants attending. Clark is a presenter for the 2005 Children's Mental Health conference.

Region 2

Region 2 is simplifying the process of approval for council expenses. The Council approved the following process:

- 1) Local council chairs will send requests for technical review to all review members. Questions may be directed to the local chair submitting the request.
- 2) Approval will be by at least 2 votes. There are currently 3 members. A fourth will be sought so that members from the requesting council can abstain from voting on their own proposals.

Region 3

Region 3 is moving forward to build relationships in their communities. Randy Woods, Regional Director for Health and Welfare, and Jeremy Player, Region 3 Family and children's services program manager are meeting with agency and community representatives. Woods and Player recruited members of the Caldwell Police department to the Canyon County Council, as well as self-reliance workers.

"We are rebuilding bridges by redesigning the way we do business and reach kids," said Player. Their work resulted in a training for Caldwell police on mental health and child protection in March 2005.

The Adams county local council was chartered in January 2005. The council is supported by county commissioners. Members from probation, mental health, and private providers are members of the Adam county council.

In addition, Region 3 created a local council monthly update report to capture activities and expenditures, and a new form to capture council activities.

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Idaho System of Care

Regional News

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Region 4

New local councils are being chartered. Councils in Horseshoe Bend and Idaho City are supporting families and children affected by serious emotional disturbances. Members include the Mayor of Placerville. "This council is really needed in our community," said the Mayor.

The council is teaching community members about the benefits of working together. Referrals are coming from schools and probation. Several councils are staffing their first case this month.

"Councils meet needs in one setting. Even when a family is in crisis, their input is valuable," said Ruth Vonk, Chief of Social Work for Region 4, chairperson for Region 4 children's mental health council. "Councils show that we care about kids and the community", said Vonk.

Region 4 councils assist families with transportation to counseling, respite care, and therapeutic recreation.

A local pediatrician is among the community members on the newly formed Elmore County council. The new council is supported by the Mayor of Mountain Home, and parent participation is increasing.

Region 6

The Fall 2004 Department of Education Newsletter featured Dr. David Case. Go to <http://www.sde.state.id.us/mediacenter/quarterlyreports/documents/FALL04.pdf>

In this interview, Dr. Case, special education director and Region 6 chairperson, shares insights on how educators can support children with serious emotional disturbances (SED).

Region 7

College interns majoring in counseling, clinical psychology, and other majors are assisting with community outreach efforts. Councils are publicized in local fairs and other venues. Community outreach is successful; the Madison/Fremont council meets weekly to serve families.

Connecting Communities for Children

What is a System of Care?

Services and support coordinated to help parents of a child with SED develop an effective care plan- with the assistance of individuals chosen by the family — that is tailored to the needs of the child and locally administered.

A Better Way to Serve Families

Regional and local councils agree that a more uniform approach is needed to develop a statewide system of care and increase capacity for local councils. Mature local councils are nearing the limit of their volunteer-dependent structures. Newer local councils are seeking guidance to avoid the frustration experienced by earlier local councils, develop processes with potential for best outcomes, and efficiently use

available resources.

This need led to a two day workshop on October 22-23, 2004. Participants for this two-day workshop included regional chairpersons, local chairpersons, a regional representative, and parents. "Building on Each Other's Strengths" staff facilitated the meeting. The group reached consensus for each step in the process, and the resulting business practice model was surveyed for final consensus.

The model describes a series of activities local councils would conduct as they work with children and families affected by SED. The process begins with identification, or referral. Families, agencies, and community partners may refer a family to a council. Next, a contact team consisting of a family advocate and council member orients the family to the council.



Department of Education, State of Idaho

ICCMH Update

The ICCMH (Idaho Council on Children's Mental Health) completed the annual Community Report and Report to the Governor. In the Report to the Governor, the ICCMH makes some key recommendations. The following are excerpts from the report:

1. The highest priority for the Idaho System of Care is service coordination. Funding for service coordinators is needed so the system can properly serve children and families.
2. Agency and government leaders should study the implications of the System of Care philosophy. This includes financial and educational components.
3. All child-serving agencies should make efforts to increase evidence-based practice to children and their families. Fidelity checks for all services should be established.
4. Policies should be examined for barriers to serving children within a System of Care. Barriers should be resolved through partnerships between community stakeholders and agency leaders.

The report was submitted to the governor in December by Chairperson, Lieutenant Governor James Risch.

Jim's Story

At age 11, Jim* was tired of school. His classmates bullied him; he was depressed, and begged his father to let him stay home. Diagnosed with Attention Deficit Hyperactivity Disorder, he was in special education classes.

Jim's father, Chuck*, didn't know what to do. An agency representative suggested Chuck and Jim visit a local children's mental health council. The council met with father and son to develop a plan based on their family strengths. Part of the plan for Jim included counseling — and karate lessons. The council provided transportation.

Jim and Chuck are doing well as a family now. Jim is a new person, his comprehensive plan has improved his self-esteem, he makes eye contact with teachers and he is enthusiastic about school.

**names changed*

A Grateful Parent

“We have searched for answers since our son was born. The presence of the council in our lives has made a great difference. I may not understand everything about the “system”, but I know that our needs are being met. I am continually impressed by your creativity and sensitivity to all people. We continue to learn as we interact with your council.

Sincerely,

A grateful parent

Connecting Communities for Children

Helping Our Children, Helping Ourselves

Well, she did go home, but Cynthia McCurdy did not give up. Instead, she read the entire special education manual to help her daughter. Today, that daughter is learning in school.

McCurdy is chair for the Region 7 Children's Mental Health Council. Her daughter has a serious emotional disturbance. This means she has problems functioning at home and at school.

McCurdy addressed parents during a Children's Mental Health presentation sponsored by Idaho State University Dec. 7 at ISU-Boise. "The same teacher who told me to take my child home is now a member of the Children's Mental Health Council," McCurdy told the group. "I believe that we can bridge the gap between parents and professionals to make a difference for our children."

Dr. Morgan shared information on System of Care philosophy, and Trish Wheeler, informed the audience about the Federation of Families.



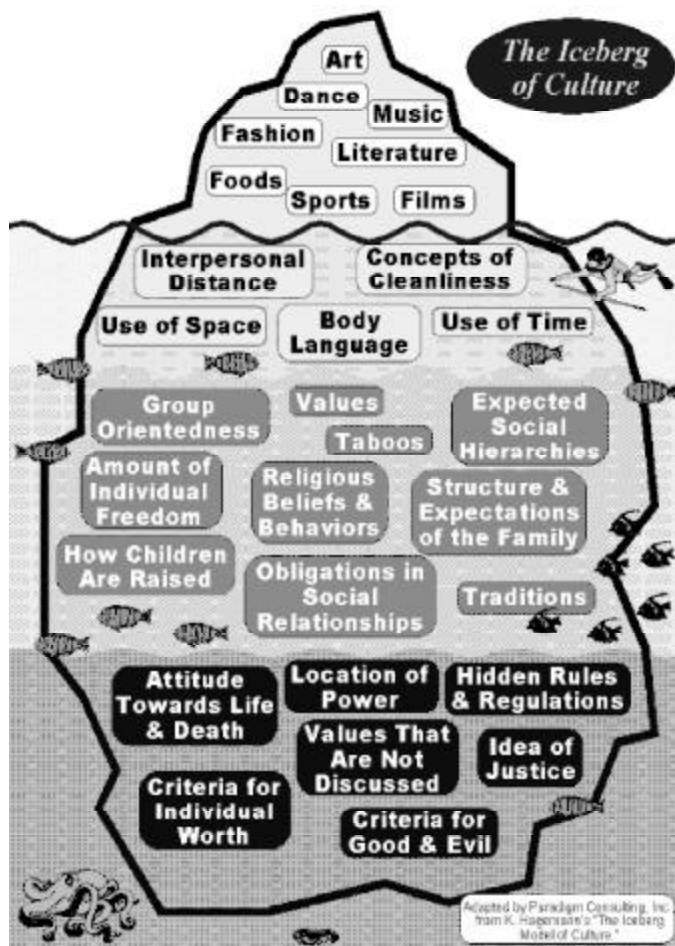
The number of families enrolled in the national evaluation is increasing. As of January 15, local evaluation specialists completed fifty interviews with caregivers and youth.



Top: Participants watch children's mental health video cast at ISU-Boise. Bottom Left: Cynthia McCurdy, Region 7 Chairperson. Bottom Right: Trish Wheeler, Federation of Families.

Everyone is part of a Culture

Culture goes far beyond what we can see. The iceberg of culture, introduced by Sam Byrd during the diversity team meeting, reminds us how complex we really are.



- **Red Flags Training** in Pocatello is set for March 3, 2005 at the Holiday Inn, Jasper Room. Call Donna Parker, 208-685-6768 for more information.

From the Editor

Entries for regional stories are needed. Please obtain permission from families to share their story.

For confidentiality purposes, do not use the real names of family members when submitting a story.

Send submissions to storyc@idhw.state.id.us.

Regional News

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The statewide diversity team meets every other month. The team is learning about diversity while developing a cultural competency plan for our system of care. Team members include agency, parent, council, and community organization representatives.

For more information and resources on diversity and culture, contact Chandra Story, at storyc@idhw.state.id.us.

Save the Dates!

- **Statewide Children's Mental Health Conference** is scheduled for May 1-3, 2005, at Northwest Nazarene College in Nampa. Call 1-800-745-1186 for more information, or go to www.icwrtc.org.
- **"Leadership for Every Student"**, is set for April 11-15, 2005. This training is for principals, superintendents, and special education directors. Locations include Boise, Twin Falls, Lewiston, and Pocatello. Call 208-345-1171 for more information.

If the family chooses to participate in the council process, a suitability and eligibility assessment follows.

Next, a Family Support Team is developed. This team consists of a parent and local council service coordinator. Other members of the family support team are selected by the family. A strength-based, child centered, family support and service delivery plan is developed. Care concludes with a review and resolution process for transition from council services.

The ICCMH approved the business practice model, with local council service coordination as a top priority. Agency partners are working on ways to provide local council service coordinator services.

For a copy of the model, contact your regional council chairperson. Review and training for the model will begin February 2005.

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Building On Each Other's Strength

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